

# Ongoing Activities

## Chandler Senior Center

### ARTS & CRAFTS

- **CRAFTS** – Free craft classes; all supplies provided. Every Thursday at 9 a.m.
- **CROCHET & CANVAS STITCHING** – Join us for crochet and plastic canvas stitching projects. Every Tuesday at 8 a.m.
- **CERAMICS** – Join us for three hours of ceramic painting. Buy objects to paint from a ceramic store, Craftmart or Wal-Mart, and then bring the items with you to the class. Every Wednesday at 8 a.m.
- **QUILTING** – Every Monday, Tuesday and Thursday at 8 a.m.

### CARDS & GAMES

- **BINGO** – Bring a friend or make some new ones for an hour of fun, laughter and great prizes! Cost is 50 cents per card, and there is no limit on the number of cards you can buy. Every Monday, Wednesday and Friday from 12-1 p.m.
- **BRIDGE** – Every Monday and Friday from 12-4 p.m.
- **BUNCO** – Mondays from 1-3:30 p.m.
- **EUCHRE** – Thursdays from 1-4 p.m.
- **HAND & FOOT** – Tuesdays and Wednesdays from 12-4 p.m.
- **MAH-JONGG** – Tuesdays at 12 p.m.
- **PINOCHLE** – Tuesdays and Wednesdays at 12 p.m.
- **MEXICAN TRAIN**– Thursdays and Fridays at 1 p.m.
- **SCRABBLE**– Thursdays at 12 p.m.



### COMPUTER LAB/GAME ROOM

- **COMPUTER LAB** – The Senior Center has a computer lab with 15 computers. You must be 55 or older to use the computer lab. The lab is not available during scheduled class times.
- **GAME ROOM** – The Senior Center has a game room with a billiards table that is available 8 a.m.-5 p.m. You must be 55 or older to use the game room and the pool table is not available during scheduled class times.

### HEALTH & SAFETY

- **AARP DRIVER SAFETY PROGRAM (55 Alive)** – Innovative, classroom driver re-trainer program to help people age 50 and older improve their driving skills. Class fee is \$12 for AARP members or \$14 for non-members. Class is held on the third Thursday of each month from 1 - 5 pm. Pre-registration required, so call for an registration form to be mailed.
- **ARTHRITIS EXERCISES** – This low-impact 90 minutes of exercise is a winner for everyone. Classes are held every Monday, Wednesday, and Friday. Weight exercises start at 8:30 a.m., standing exercises start at 10:00 a.m., and sitting exercises start at 9:30 a.m. Drop in at any time and give it a try!
- **BLOOD PRESSURE CHECKS** – The first Thursday of every month, West Chester Senior Living sponsors free blood pressure checks starting at 9:00 a.m.



## SOCIAL FUN

- **BOWLING** – Every Thursday at 1 p.m. at Kyrene Lanes, 6225 W. Chandler Blvd. Cost: \$6.00, includes shoe rental and three games.
- **KOFFEE KLATCH** – Get the morning off to a good start with your friends! Fresh coffee, hot tea, and hot chocolate are served in the dining room for 25 cents per day. Monday through Friday, 8:30-10 a.m.
- **OUT TO THE MOVIES** – Join your friends and go out to the movies. Transportation is provided to and from the center to the theater. Cost is \$2 admission and popcorn and soda costs extra. Once a month on Tuesday afternoon. (Contact the Senior Center for specific dates and times.)
- **OUT TO LUNCH BUNCH** – Want to try a new restaurant? We pick a different local restaurant to try every month and enjoy lunch out! Contact to Senior Center to find out where we're going this month!
- **BIRTHDAY CELEBRATION** – Please sign up with the front desk to celebrate your birthday. A special table is reserved at lunch for our birthday guests on the last Friday of each month, 11:30 a.m.
- **READING ROOM** – The Senior Center has the Arizona Republic, Independent Newspaper, East Valley Tribune, and many senior-related papers for your reading pleasure. We have a library full of novels to take home, share and recycle.

